

## GLOSSARY

### A

**abrasion.** A part of the skin that has been lightly torn or scraped.

**abuse.** Improper or excessive use or treatment.

**acids.** Chemical compounds with a sour taste that react with bases to form salt, have a pH (percentage of hydrogen) value less than 7, react with metals to form hydrogen gas, and have the ability to eat away or dissolve metals and other materials. (Compare to **bases**.)

**addiction.** Physically or psychologically dependent on a substance, habit, or behavior that could lead to health, social, or economic problems.

**aerobic.** Allowing sufficient amounts of oxygen to be delivered to the muscles.

**alcohol.** A beverage containing ethanol or ethyl alcohol which causes intoxication.

**allergic reaction.** A reaction, often marked by sneezing, breathing difficulties, itching, rash, or swelling, that some people have when they come in contact with certain substances that do not have such an extreme effect on the average person.

**amenorrhea.** An abnormal absence or suppression of the menstrual period.

**amino acid.** The basic unit of proteins, which is produced by living cells or obtained as an essential component of a diet.

**ampule.** A small, sealed glass container that holds one dose of a solution, usually a medicine, to be administered by injection.

**amputation.** The removal of an external part of the body, most often a limb or part of it, when it has been severely crushed or following the death of an extremity due to impaired blood circulation.

**anaerobic.** Working in the absence of adequate amounts of oxygen being delivered to the muscles.

**anorexia nervosa.** An aversion to food syndrome; an eating disorder characterized by an extreme (prolonged) loss of appetite.

**antivenin.** An antitoxin used to counteract venom.

**anxiety.** Concern or interest about an upcoming event that causes fear, nervousness, and unease; it is considered an emotional disorder when these feelings occur without a specific reason.

**arteries.** Blood vessels that carry blood away from the heart to all parts of the body.

### **Automatic External Defibrillators (AEDs).**

A device used to treat a patient with cardiac arrest whose heart is beating irregularly (fibrillating). An AED is used to administer an external electric shock through the chest wall to the heart with the use of conductive adhesive pads. Built-in computers analyze the patient's heart rhythm, and interpret the rhythms that require defibrillation shocks. Audible and/or visual prompts guide the user through the process. Most AEDs require an operator to initiate the delivery of the shock in some way, such as pushing a button.

**avulsion.** The tearing away of a body part accidentally or surgically.

**B**

**basal metabolic rate (BMR).** The number of calories burned at complete rest; measurement of it indicates an individual's general metabolism or state of health.

**bases.** Chemical compounds with a slippery or soapy feel that react with acids to form salt, have a pH (percentage of hydrogen) value above 7, and are used as cleaning materials. (Compare to **acids**.)

**bivouac.** A temporary camp or shelter.

**bronchitis.** A respiratory disorder with irritation of the bronchi (the airways connecting the windpipe and lungs), characterized by mucus and harsh coughing.

**bulimia.** A disease (or eating disorder) with symptoms of a never-satisfied hunger.

**C**

**calamine.** A pink powder consisting of zinc oxide and some ferric oxide used in lotions and ointments.

**calisthenics.** Light gymnastic exercise designed to promote good health by developing strength and grace.

**calorie.** The amount of energy it takes to raise the temperature of one kilogram of water one degree Celsius.

**carbohydrate.** One of various neutral organic compounds composed of carbon, hydrogen, and oxygen (including starches and sugars) produced by green plants and used to provide energy necessary for growth and other functions.

**carbon monoxide.** A gas formed during the burning of tobacco that restricts the oxygen-carrying capacity of blood.

**cardiac arrest.** The sudden stoppage of the heart.

**cardiopulmonary resuscitation (CPR).** An emergency method to keep blood and oxygen flowing through a person whose heart and breathing have stopped.

**cardiorespiratory.** Of or relating to the heart and the respiratory system.

**catastrophe.** A great and sudden misfortune.

**caustic.** Capable of destroying or eating away by chemical action; corrosive.

**chlorine.** A gaseous greenish-yellow element used as a bleach and disinfectant in water purification.

**cholesterol.** A fatty material that is present in all body tissues; needed for the health of cells but may cause heart and artery disease in large quantities.

**clammy.** Damp, soft, sticky, and usually cool.

**closed fracture.** A fracture in which the broken bone does not push through the skin's surface.

**complex carbohydrate.** A carbohydrate that is formed by the body after the conversion of extra glucose; it supplies the body with long-term energy.

**compress.** A folded cloth or pad applied so as to press upon a body part to stop bleeding.

**consent.** To get approval for what is to be done or proposed by another.

**controlled substance.** A substance whose manufacture, possession, or sale is controlled by the law.

## D

**deficient.** Having too little of something, such as a nutrient in the body.

**dehydration.** The condition that results when fluids are lost from the body and not replaced; symptoms can include thirst, weakness, exhaustion, confusion, and may result in death.

**dependency.** Addiction to a substance.

**depressant.** A drug that reduces the activity of a bodily function.

**depression.** (1) A sunken or low place in the ground; (2) In low spirits; dejection; sadness.

**designer drug.** A laboratory-made drug that resembles an illegal drug, but is slightly different chemically. Since drugs are categorized as legal or illegal based on their exact chemical formulas, designer drugs are legal, at least for a while, because they have new formulas.

**diabetes.** A disease that causes too much blood sugar to build up in the body. If untreated, this can damage the heart, eyes, and kidneys.

**dilated.** Abnormally enlarged or expanded.

**discoloration.** Altered or changed color.

**disinfect.** To destroy harmful germs; to purify.

**dislocation.** The separation of a bone from its joint.

**distilled.** Heated and condensed to purify, form a new substance, or concentrate.

**diuretic.** A food, medicine, etc., that promotes or tends to increase the excretion of urine.

**dressing.** Ointment and bandages applied to a wound.

**drug.** Any chemical that causes a change in a person's body or behavior.

**dysentery.** Any of several intestinal disorders usually caused by infection and characterized by stomach pain and diarrhea with passage of mucous and blood.

## E

**electrolyte.** A substance that, when dissociated into ions in solution or fused, becomes electrically conducting.

**elevated.** Raised up.

**Emergency Medical Service (EMS).** Medical professionals dedicated to the reduction of morbidity and mortality of residents through the provision of Advanced and Basic Life Support care, medically directed rescue and transportation of the ill and injured.

**emphysema.** A disease of the lungs in which air sacs become enlarged and rigid, causing breathing difficulties, coughing, and possible heart problems.

**episodic.** Occurring, appearing, or changing at irregular intervals; incidental.

**esophageal.** Of or relating to the esophagus (a muscular tube through which food passes from the mouth to the stomach).

**essential fat.** Fat which the body needs in certain amounts to maintain bodily functions.

**ethyl alcohol.** The type of alcohol found in beer, wine, and distilled spirits.

**evaluate (-ing).** (1) To determine whether an act, process, or method has been attained; to assess; (2) To determine the significance of by careful appraisal and study.

## F

**faint (-ing).** (1) Without strength; weak and dizzy; (2) To lose consciousness briefly because of a temporary decrease in the amount of blood that flows to the brain.

**fat soluble vitamin.** A vitamin that is absorbed through the intestinal tract with the help of fats and is stored in the body.

**fatigue.** Weakness or exhaustion due to hard work or mental effort.

**fats.** Nutrients made up of fatty acids that are insoluble in water and provide energy to the body.

**ferment.** To produce a chemical change in a carbohydrate material resulting in alcohol.

**fiber.** Coarse food made mostly of carbohydrates, such as bran or lettuce that serves to stimulate and aid the movement of food through the intestines.

**fight or flight response.** An involuntary reaction to an immediate danger or threat, which prepares a person physically to either respond to the danger or run away.

**first aid.** The immediate care given to a victim of injury or sudden illness before professional medical help arrives.

**flush.** To cleanse or wash out with running water or another liquid.

## G

**galvanized.** Coated with zinc.

**gateway.** A term attached to alcohol and tobacco due to the fact that their use often leads to further drug abuses.

**generalized.** Derived from a general conclusion, concept, or feeling; vague and indefinite; not associated with any specifics.

**Good Samaritan law.** A law enacted in most states that protects people from lawsuits if medical complications arise after they have administered first aid correctly.

## H

**hallucinogens.** Drugs that cause hallucinations.

**heart attack.** The condition that results when some of the tissue in the heart is prevented from receiving its normal blood supply and dies.

**heat cramps.** A condition that is marked by the sudden development of cramps in skeletal muscles and that results from prolonged work in high temperatures accompanied by profuse perspiration with loss of sodium chloride from the body.

**heat exhaustion.** A condition that occurs when a person is exposed to excessive heat over a period of time, caused by the loss of water and salt from the body through excessive perspiration.

**heatstroke.** A life-threatening condition caused by prolonged exposure to high heat.

**Heimlich Maneuver.** An upward push to the abdomen given to clear the airway of a person with a complete airway obstruction; procedure used to expel an object stuck in the airway of a choking victim.

**hemorrhages.** Heavy or uncontrollable bleeding from blood vessels.

**hygiene.** Practices or conditions that aid in good health; the science that deals with maintenance of good health and the prevention of infection and disease.

**hypertension.** High blood pressure.

**hypothermia.** Too little body heat with abnormally low internal body temperature.

## I

**illegal drugs.** A chemical that is forbidden by law because its dangerous and often unpredictable effects outweigh any useful purpose it may have.

**incisions.** A wound that is made by cutting into the body.

**inhalants.** Medications or chemicals that are inhaled.

**insulate.** To use materials to protect or isolate from the elements of weather.

**intoxicated.** Drunk; affected by alcohol to the point that physical and mental control are significantly decreased.

**iodine.** A nonmetallic element having important medical uses.

**isometric.** Building muscle strength using resistance without joint movement.

**isotonic.** Building muscle strength using resistance with joint movement.

## L

**lacerations.** A wound that is torn and ragged.

**lice.** Small, wingless, parasitic insects that live on warm-blooded animals, especially in hair, and suck the animal's blood.

**ligament.** A fibrous band of tissue that holds bones together at a joint.

## M

**manic-depressive illness.** Emotional disorder characterized by the alternation of extreme high and low moods.

**meditation.** The act of focusing the mind on a single point of reference to achieve a relaxed physical and mental state.

**metabolic.** Relating to the chemical processes of living cells or organisms, which result in growth, the production of energy, and the maintenance of the vital functions of the body.

**metabolism.** The chemical process by which the body produces energy and maintains vital functions.

**migraines.** Recurrent severe headaches often with nausea and vomiting.

**minerals.** Natural chemical elements of the earth used by the body to supply necessary nutrition.

**misuse.** The incorrect or improper use of a substance.

**mono-unsaturated fat.** Oil or fat that is liquid at room temperature, is low in

hydrogen, and can lower the level of blood cholesterol.

**mottled.** Marked with irregular spots or splotches of different colors or shades of color.

## N

**narcotic.** A drug used medically to relieve pain, produce sleep, and dull the senses.

**neutralize.** To counteract the activity or effect of; to make chemically neutral.

**nicotine.** An addictive drug found in tobacco.

**nutrients.** Substances found in food which nourish the body.

## O

**obesity.** Overfat to the point of injuring health.

**open fracture.** A fracture in which the broken end of a bone pierces the skin.

**osteoporosis.** A condition characterized by a calcium deficiency in the bone mass in which the body pulls calcium from the bones, causing them to lose their density and possibly leading to fractures.

**Over-the-counter.** A medicine that can be purchased legally without a prescription.

## P

**personal hygiene.** An individual's practice of taking care of him or herself in order to maintain good health.

**perspiring.** Giving off moisture through the pores of the skin.

**poly-unsaturated fat.** An oil or fatty acid containing more than one double or triple bond and is therefore cholesterol defensive.

**precipitation.** Water or moisture, such as mist, rain, snow, or hail, that drops to the earth.

**pressure bandage.** A snug bandage used to control bleeding.

**pressure points.** A point on the body where a major artery lies near the skin surface and passes over a bone.

**proteins.** Nutrients that are made of amino acids and that maintain body tissues and supply energy to the body.

**purified.** Free from undesirable elements or impurities; cleaned.

## R

**rabies.** A viral disease affecting the central nervous system of mammals that is transmitted by a bite from an infected animal; it can result in paralysis and death if left untreated.

**Referenced Daily Intakes (RDI).** Standards developed by the United States government for the regulation of vitamin and mineral requirements.

**rescue breathing.** The act of forcing air into and out of the lungs of one person by another person.

## S

**sanitation.** The promotion of hygiene and prevention of disease by working to keep a clean and healthy environment.

**saturated fat.** A fat that does not melt at room temperature and can raise the blood cholesterol level.

**scalding.** The burning of the skin by a substance that is near boiling in temperature.

**second-hand smoke.** Smoke that escapes from the burning end of a cigarette as well as smoke that is exhaled by a smoker.

**simple carbohydrate.** A sugar that is found in the body in its simple state and supplies the body with short-term energy.

**smoldering.** Burning slowly without flame but often with much smoke.

**solvents.** Liquid substances capable of dissolving or eliminating something unwanted.

**splint (-ing).** To support and immobilize a body part with a stiff material.

**sprain.** An injury caused by twisting a ligament or tendon around a joint.

**stimulant.** A drug, drink, or other substance that speeds up the activity of the mind or body.

**storage fat.** Fat which the body keeps in reserve that can lead to overfat problems or obesity.

**strain.** An injury caused when a muscle or tendon is overstretched.

**stroke.** A reduction in blood flow to a part of the brain.

**subcutaneous.** Beneath the top layer of the skin.

**substance.** Something (such as drugs or alcohol) deemed harmful and usually subject to legal restriction.

**superficial.** Not serious; on the surface; shallow.

**systemic.** Affecting the body in general; acting throughout the body after absorption or ingestion.

## T

**tar.** A substance found in tobacco that can cause cancer and respiratory problems.

**tetanus (also lockjaw).** An acute infectious disease caused by the poison of a certain bacterium that enters the body through a wound, resulting in muscle contractions, then rigidity and death; it is preventable by immunization.

**tobacco.** The leaves of cultivated tobacco prepared for use in smoking or chewing or as snuff.

**tone.** (1) A sound of distinct pitch, loudness, vibration, quality, and/or duration; the particular or relative pitch of a word or phrase; (2) A degree of tension or firmness, as of muscle.

**trauma.** A behavioral state resulting from mental or emotional stress or physical injury that has a lasting effect on the mind. A physical wound or injury.

## V

**veins.** Blood vessels that carry blood from all parts of the body to the heart.

**venom.** A poison produced by animals such as snakes and spiders that is transmitted by a bite or sting.

**ventilation.** Circulation of air; a system or means of providing fresh air.

**visualization.** The act of forming a mental image of.

**vitamins.** Nutrients that occur naturally in plant and animal tissue and are required for proper functioning of the body.

## **W**

**water soluble vitamin.** A vitamin that is dissolved in the water of tissues.